ARE THE NEW ANTIDIABETIC DRUGS SIMPLIFYING OR COMPLICATING THE TYPE 2 DIABETES MANAGEMENT?

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Abstract: Type 2 diabetes is a complex disease interplay of pathological mechanisms operates involving multiple organs, such as the hearth, the kidneys, the liver, the peripheral nerves and also the adipose tissue, the bone and the brain. Physicians involved in the management of this complexity need clear instructions to avoid mistakes and to increase the wellbeing of their patients. For this reason many scientific societies worldwide uninterruptedly work to support clinicians in their clinical practice and several expert opinions, guidelines and position statements have been published over the years tracing the path of diabetes management. However is not simple to develop unequivocal guidelines for a multifaced disease like type 2 diabetes. Nowadays diabetologists are witnessing to a paradoxical phenomenon where the same guidelines for the treatment of type 2 diabetes suggest personalizing therapies, with nearly 40 drugs available for therapy of diabetes (figure), how can we find the best way to treat patients?